

Abstract

Title: Nutrition for performance tennis players

Objective: The aim of this master's thesis is to explain the importance of training diet, particularly a diet for performance tennis players. Analyze the nutritional habits of performance player and suggest an appropriate diet.

Methods: Master's thesis has character of a case study. Research in this work is based on the descriptive analysis. Data is being collected by semi-structured interviews and continuous diet. Obtained data are qualitative and quantitative.

Results: The player had a negative energy balance. The energy deficit was caused by insufficient intake of complex carbohydrates and high-quality proteins. Player consumes too much saturated fatty acids. In the diet was a small amount of the mono and poly unsaturated fatty acids. In any days was not taken the recommended amount of fiber. Drinking regime was respected by player properly, but player had not chosen the right types of fluids.

Keywords: nutrition, tennis, performance